

95Ce Upright Exercise Bike

ASSEMBLY INSTRUCTIONS

LifeFitness

Congratulations...

and welcome to the world of

LifeFitness

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Upright Exercise Bike as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Upright Exercise Bike.

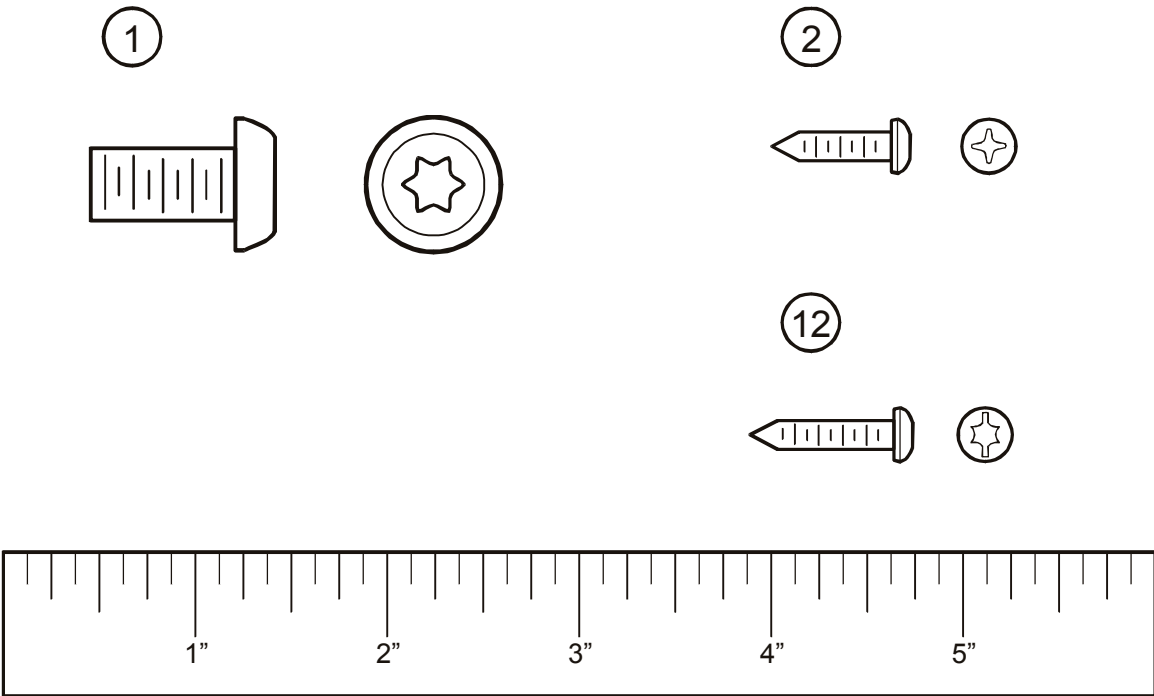
IMPORTANT SAFETY INSTRUCTIONS!

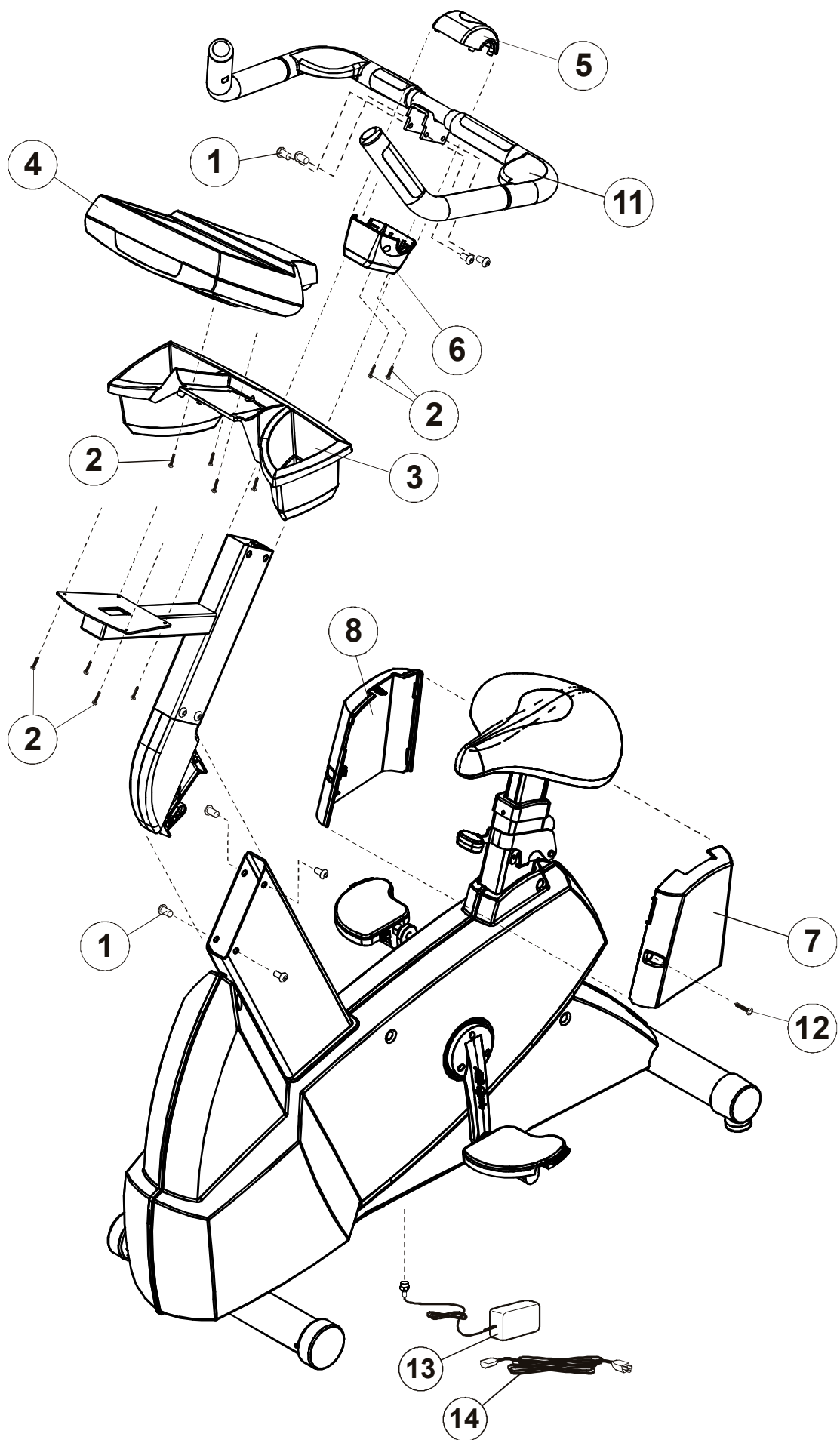
- ⇒ **DO NOT** locate the Exercise Bike outdoors, near swimming pools, or in areas of high humidity.
 - ⇒ **DO NOT** operate your Exercise Bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.
 - ⇒ **DO NOT** locate the Exercise Bike any closer than 30 inches (76 cm) to a television set.
 - ⇒ **DO NOT** locate additional Exercise Bike any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.
 - ⇒ **DO** keep the area around your Exercise Bike clear of any obstructions, including walls and furniture.
 - ⇒ **DO** verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.
 - ⇒ **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.
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- ⇒ **NE PAS** placer le vélo d'exercice allongé Lifecycle à l'extérieur, près d'une piscine ou dans un endroit très humide.
 - ⇒ **NE PAS** faire fonctionner le vélo d'exercice allongé Lifecycle s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation.
 - ⇒ **NE PAS** placer le vélo d'exercice allongé Lifecycle à moins de 76 cm (30 po) d'un poste de télévision.
 - ⇒ **MAINTENIR** la zone autour du vélo d'exercice allongé Lifecycle libre de toute obstruction, y compris murs et meubles.
 - ⇒ **VÉRIFIER** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces manquent, téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation. Conserver l'emballage au cas où l'appareil devrait être renvoyé.
 - ⇒ **LIRE** le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.

TOOLS REQUIRED FOR ASSEMBLY...Phillips screwdriver, T-45 Torx Driver, T-20 Torx Driver

PARTS DESCRIPTION

1	Torx Button Mounting Bolt 3/8-16 x 3/4"	Qty: 8	2	Phillips Pan Head Screw 8-18 x 5/8"	Qty: 12 Qty: 8
3	Accessory Tray	Qty: 1	4	Console Assembly	Qty: 1
5	Top Cover	Qty: 1	6	Bottom Cover	Qty: 1
7	Left Seat Post Shroud	Qty: 1	8	Right Seat Post Shroud	Qty: 1
9	Left Pedal Strap	Qty: 1	10	Right Pedal Strap	Qty: 1
11	Handlebar	Qty: 1	12	Torx / Standard Screw #8-18 x 3/4"	Qty: 1
13	Power Supply	Qty: 1	14	Line Cord	Qty: 1





1. Locate the BOTTOM COVER (#6). Position the cover as shown with the notch of the center hole facing downward. Slide the BOTTOM COVER down over the UPPER CONSOLE SUPPORT TUBE (A) until it rests against the FRONT TUBE EXTENSION (B).
2. Position the HANDLEBAR (#11) as shown near the UPPER CONSOLE SUPPORT TUBE (A).
3. Connect the 4-PIN HEART RATE CONNECTOR (4P) leading from the HANDLEBAR (#11) center to the 4-PIN HEART RATE CONNECTOR (4P) leading from the UPPER CONSOLE SUPPORT TUBE (A).
4. Carefully slide the HANDLEBAR MOUNTING FLANGES (C) into the UPPER CONSOLE SUPPORT TUBE (A).

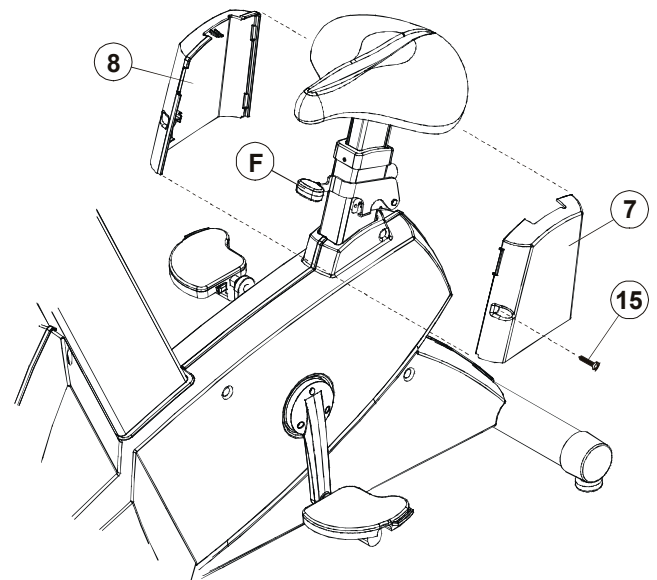
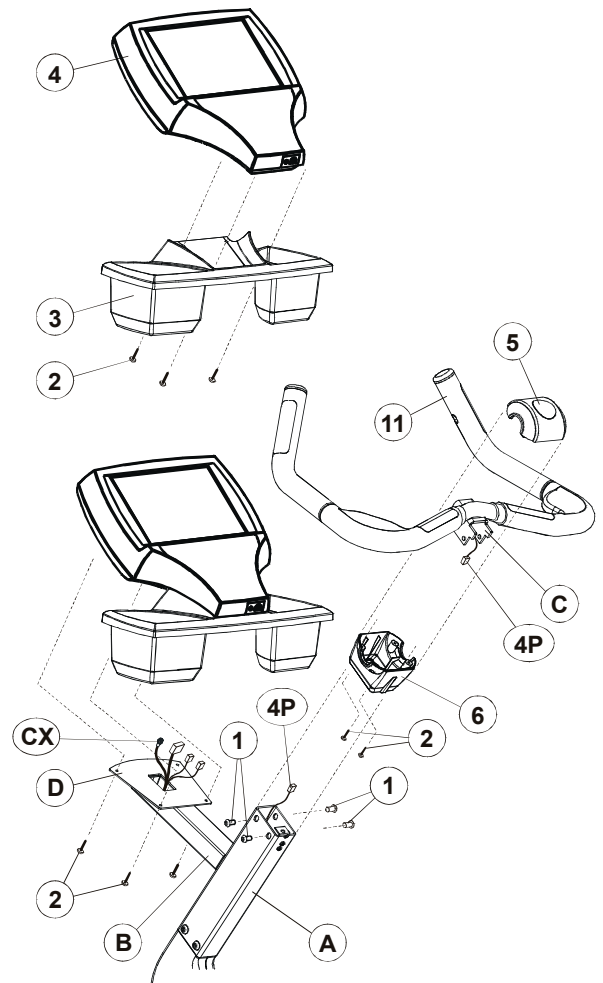
NOTE: Be careful not to pinch the HEART RATE CABLE when inserting the HANDLEBAR FLANGES (C) into THE UPPER CONSOLE SUPPORT TUBE (A).

MISE EN GARDE: Faites attention à ne pas pincer le CÂBLE de FRÉQUENCE CARDIAQUE en insérant les BRIDES de GUIDON (C) dans LE TUBE SUPÉRIEUR de SOUTIEN de CONSOLE (A).

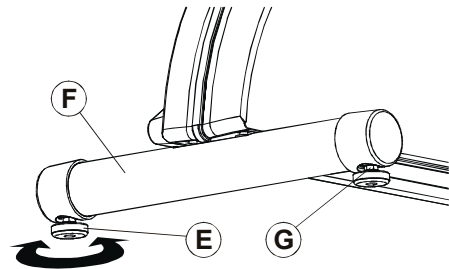
5. Secure the HANDLEBAR (#11) to the UPPER CONSOLE SUPPORT TUBE (A) using four MOUNTING BOLTS (#1). **Tighten the SCREWS to 15-20 ft. lbs.**
6. Locate the TOP COVER (#5). Slide the BOTTOM COVER (#6) upward toward the HANDLEBAR (#11) until it contacts the HANDLEBAR. Position the TOP COVER over the HANDLEBAR and align it to the BOTTOM COVER. Secure the TOP COVER to the BOTTOM COVER using four PHILLIPS SCREWS (#2) as shown.
7. Align the ACCESSORY TRAY (#3) to the bottom of the DISPLAY CONSOLE (#4) as shown. Secure the ACCESSORY TRAY to the DISPLAY CONSOLE using four PHILLIPS SCREWS (#2).
8. Position the DISPLAY CONSOLE (#4) near the top of the CONSOLE SUPPORT ASSEMBLY (D). Remove the protective cover on the COAXIAL CABLE (CX). Carefully align and connect the COAXIAL CABLE to the coaxial connector located inside the rear of the DISPLAY CONSOLE. Align the LOCKING TABS of the 14-PIN CONNECTOR, 5-PIN CONNECTOR, and the 4-PIN CONNECTOR and plug them into the matching connectors located inside the rear of the DISPLAY CONSOLE until they snap securely into place.
9. Carefully feed the wires back into the top of the CONSOLE SUPPORT ASSEMBLY (D) and attach the DISPLAY CONSOLE (#4) to the CONSOLE SUPPORT ASSEMBLY using the four CONSOLE SCREWS (#4) and a Phillips screwdriver. Tighten the four SCREWS securely in a criss-cross pattern.

NOTE: Be careful not to over-tighten the screws.

MISE EN GARDE : Veiller à ne pas trop serrer la vis.



10. Locate the USER LEFT AND RIGHT SEAT POST SHROUDS (#7 & #8). Position the USER LEFT SEAT POST SHROUD (#7) below the seat covering the ADJUSTMENT LEVER (F) as shown. Interlock the two tabs of the USER RIGHT SEAT POST SHROUD (#8) to the corresponding slots of the USER LEFT SEAT POST SHROUD and pivot it forward to meet the USER LEFT SEAT POST SHROUD enclosing the SEAT ADJUSTMENT LEVER. Secure the SEAT POST SHROUDS together using one SCREW (#12).

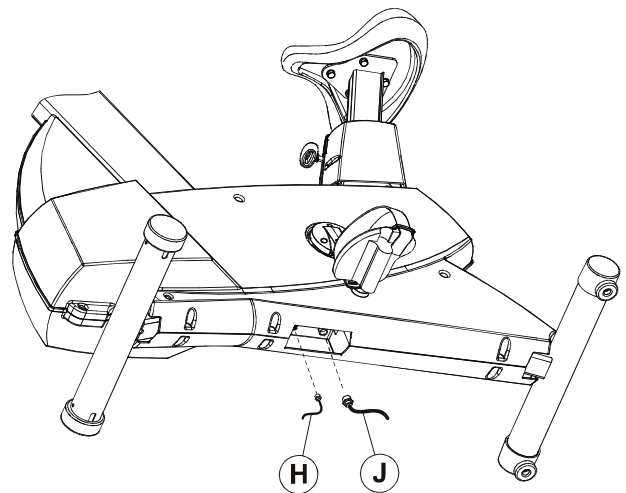


11. After placing the exercise bike in the intended location for use, check the stability of the bike. If the exercise bike is not level, turn a LEVELER (E) in the rear STABILIZER BAR (F) in either direction until the rocking motion is eliminated. Tighten the JAM NUT (G) when the exercise bike is level.

NOTE: Only one leveler needs to be turned.

REMARQUE : Ne tourner qu'un seul vérin.

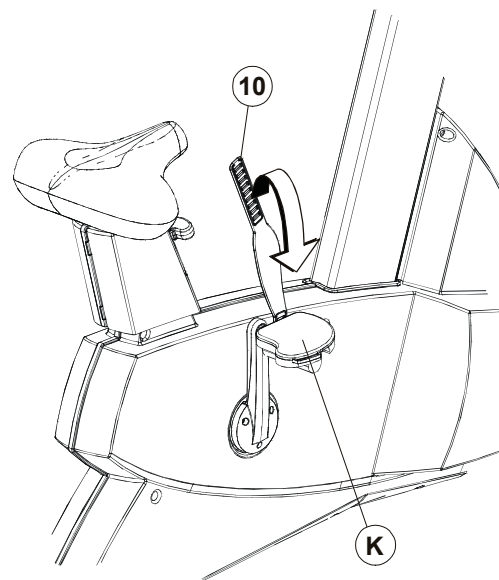
12. With the exercise bike in the intended location for use and stabilized, locate the supplied POWER SUPPLY (#13) and LINE CORD (#14). A coaxial broadcast supply line with an F-Type connector (H) (not supplied) is required for entertainment viewing. Connect the POWER SUPPLY CONNECTOR (J) to the appropriate connector located on the front underside of the exercise bike. Connect the broadcast supply line at this time if available. Connect the LINE CORD to the POWER SUPPLY and plug the LINE CORD into a power outlet.



NOTE: Refer to the operation manual for specific power requirements.

REMARQUE : Regardez du manuel d'opération pour l'alimentation électrique spécifique.

13. Locate the RIGHT PEDAL STRAP (#10) marked with an "R". Attach the RIGHT PEDAL STRAP to the RIGHT PEDAL (K) with the double slot on the inward pedal strap tab looping upward and attaching to the outward pedal strap tab. Repeat for the LEFT PEDAL STRAP (#9) marked with an "L".



Physical Dimensions:

Length	48 inches / 122 centimeters
Width	24 inches / 61 centimeters
Height	54 inches / 137 centimeters
Weight	107 pounds / 49 kilograms

PRE-OPERATION CHECKLIST

- ✓ *Ensure that the console support screws are tight.*
- ✓ *Make sure the **Exercise Bike** is properly leveled and stable.*
- ✓ *Ensure that the Leveler Jam Nuts are tight.*
- ✓ *Read the entire Operation Manual before using the **Exercise Bike**.*

Before attempting to operate your Exercise Bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Exercise Bike does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.

